




# Enrichment Center Caregiver Calendar

## November 2019



Monday	Tuesday	Wednesday	Thursday	Friday
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4 10am: Caring Connection Support Group 10am: 5 Toe Club Amputee Support	5 1pm: Caregiver Time Out	6 10am: Diabetes Support 10:30am: Friends Supporting Friends Support	7 1pm: Dementia Caregiver Support 6pm: Candlelight Reflections	8 1pm: Movie Club
11 ENRICHMENT CENTER CLOSED	12 1pm: Caregiver Time Out 1pm: Low Vision Support Group	13	14 1pm: Grief Support Group 1pm: Stroke Support Group 2pm: Caregiver Burnout	15
18	19 1pm: Caregiver Time Out	20 10:30am: Parkinson's Disease Support Group	21 10am: Grandparents Raising Grandkids Support 1pm: Dementia Caregiver Support	22
25	26 1pm: Caregiver Time Out	27	28 	

**Signups for all programs are strongly encouraged in case of cancelation. You can RSVP at (919) 776-0501 ext. 2201.**

**Please call Holly Hight, Caregiver Specialist, at (919) 776-0501 ext. 2230 for more information regarding these programs or for further assistance.**